



Senior NEWS

301-258-6380 November 2007



The Gaithersburg Upcounty Senior Newsletter

The Senior Center is open Monday - Friday 9 a.m. - 4 p.m.

"Christmas Carol 1941"

Arena Stage in
Wash., D.C.



Date: Tuesday, Dec. 4

Depart: 10:45 a.m.

Return: 4:30 p.m.

Fee: \$51 (includes transportation & ticket to show) / \$6 (optional box lunch)

Deadline: Friday, Nov. 16

A fresh take on Dickens' classic holiday tale, "Christmas Carol 1941" is set in the aftermath of Pearl Harbor as Washington, D.C. prepares to celebrate Christmas. The Schroen family

keeps the holiday spirit alive in spite of shortages, a housing crunch and a son who wants to enlist despite his mother's fears. Featuring a high energy USO Dance and fireside chats, this is one show you will not want to miss. We will stay after the play for the Post-Show Conversation. Bring your own lunch to eat on the way or order a box lunch from Chef Sia for \$6 on the program sheet.

Minimum: 20 **Maximum:** 24



Cumberland House and Museum Tour

Date: Friday, Nov. 30

Depart: 8 a.m. **Return:** 6 p.m.

Fee: \$50 (includes transportation by motor coach, museum, lunch and dessert tea)

Deadline: Tuesday, Nov. 13

(Trip canceled if minimum not met)

We will begin our visit at the new Queen City Transportation Museum, where we will tour their collection of carriages, sleighs, and automobiles. Next we will eat lunch at the Manhattan Bar and Grill, menu choices are on the program sheet. We will end our trip with a costumed docent tour and dessert tea at the Victorian Gordon-Roberts house, which will be decorated for the holidays.

Minimum: 40 **Maximum:** 46

Mark Your Calendar

DEC. 4

"Christmas Carol 1941"

Arena Stage

DEC. 4 - 6

AARP Winter Bazaar

DEC. 8

Alexandria Candlelight Tour

DEC. 12

Fancy Lunch Bunch Dutch's

Daughter

DEC. 19

Trip to Mormon Temple



Secret Santas Needed

Do you want the perfect way to get into the holiday spirit? Help a needy child have a wonderful holiday.

Contact Charlyn Simpson at 301-258-6380.

DIRECTOR'S UPDATE

Dear Members,
Several years ago, Tom Brokaw called the men and women who grew up during the Depression, served in World War II and the Korean War, then returned to build our country into a nation with strong and common values, "The Greatest Generation".



My dad is a veteran of World War II. During the years I was growing up, my father shared many stories about his time overseas including being a French American translator and serving in the Battle of the Bulge. My husband served during the Vietnam War. Although he did not see battle, he told me about the courage and inner strength he witnessed in those he served with, and will always be proud to have been a Marine.

Veterans Day is an American holiday and is intended to thank all those who have served, especially our *living* veterans for giving so generously of themselves to protect our freedom. Our Center has members who served during World War II through Viet Nam, all men and women of honor, and we look forward to the opportunity to extend our appreciation.

Veterans Day will be observed on Monday, November 12, and the Gaithersburg Upcounty Senior Center will be closed. Friday, November 9, will be the Center's Veterans Day Luncheon, and all veterans are encouraged to join us to enjoy a wonderful meal without charge. Please remember to sign up early because space is limited.

Grace

Introducing Gabriele Glynn

I'm Gabriele Glynn, your new counselor. I've already had the pleasure of meeting many of you, and I'm delighted to be here.



Just to tell you a little bit about myself, I have an M.S. in Counseling from Johns Hopkins University. I worked as a clinical counselor during my graduate internship at Washington Assessment and Therapy Services. Before coming to the Gaithersburg Senior Center, I was a director of Supported Employment at a mental health organization.

As part of my graduate training, I also served as an intern at the National Institutes of Health (NIH) Clinical Center, working in the office of Organizational Development. My undergraduate degree is a B.S. in Behavioral and Social Sciences, from the University of Maryland.

Counseling is a second career for me. I spent over twenty years in human resources, as an HR director in the non-profit world and at the U.S. Congress. As HR director, I served as advisor and administrator on management-related issues.

I am happily married to my husband Patrick, and I am blessed with a wonderful son, Kai. He and his wife Leela live in Silver Spring. My grandson Skyler is seventeen months old, and I'm nuts about him.

I'll be here for you Mondays through Thursdays, from 9 a.m. - 2 p.m.

"The most wasted of days is one without laughter."
-- e.e. cummings

MISSION STATEMENT

The Gaithersburg Upcounty Senior Center is committed to the provision of a variety of activities that encourage and support senior health, personal interest and social interaction. The foundation of the Center is based on the spirit and principles of the CHARACTER COUNTS! Program.

The Senior News is Online!

You can now read the *Senior News* online.
Visit the City site:
www.gaithersburgmd.gov

WELLNESS PROGRAMS

US Wellness Screenings

Friday, Nov. 2

9 a.m. - 3 p.m.

We will be offering screenings for stroke and vascular disease, cholesterol, osteoporosis, lung function and more. Prices are from \$30 - \$199. Appointments are necessary and can be made by calling 301-926-6099 or by visiting www.USWellness.com.



"Sharing Our Stories"

Monday, Nov. 19

11 a.m.

Gabriele Glynn will encourage sharing your unique adventures and life-experiences in a format that is insightful as well as fun.

The Nurse Is In!



Sign up that day at the front desk for HeartWell patients. Blood Pressure screening from 1-2 p.m. only.

Fridays

9 a.m. - 3 p.m.

AND

Tuesdays

11/6 & 11/20

9 a.m. - 3 p.m.

Blood Pressure Check

Get your blood pressure checked by a nurse from Shady Grove Hospital.

Date: Wed., Nov. 28

Time: 10:30 a.m. – noon

NOVEMBER '07 Activities with Gaithersburg Chapter #5358 of AARP

Tuesday Nov. 13, 2007

4 - 8 p.m.

Location: Gaithersburg Upcounty Senior Center

4 p.m. Game: Millionaire (team trivia) (\$2)

5:30 p.m. Pot Luck Supper. Pizza and Wings buffet; bring salad or dessert to share or donate \$6 for chapter pizza, wings, and dessert purchases.

6:10 p.m. Brief Business Meeting

6:30 p.m. Program: Irv Chamberlain will present "Comedy In Music". Come enjoy the most hilarious musical selections ever recorded: Victor Borge, Spike Jones, Groucho Marx, Johnny Cash, Perry Como, Stan Freeberg and more!

Registration for program and dinner/game payment is needed by 2 p.m. on Monday, Nov. 12.

Holiday Bazaar: Our Bazaar to raise money for a gift to the Senior Center will be held Dec. 4 - 6. You may donate items for sale from Nov 19 - 30. Please bring in used or gently used items to the Senior Center prior to the sale so we can price your treasures. Consider helping at the Bazaar with set up,

selling, and clean up. See flyer for details. Thanks in advance for your generosity and support.

Community Service: Making gifts for Residents of Area Nursing Homes. Help Madeline Britnell and Annette Thompson make small craft gifts with faux flowers and holiday glitter on Tues., Nov. 20 and 27. All materials will be provided.

AARP: "Divided We Fail" Presentation; Learn how you can help advocate for improvements in health care and financial security for seniors. The presentation will be at 11 a.m. on Thursday, Nov. 8.

Members of the Senior Center are invited to join in our trips and service projects and to attend any or all parts of our monthly Tuesday meetings. You are welcome to register a friend or family member for any activity. We can help with rides to meetings. Pay by cash or check at the Senior Center or mail check (made payable to Gaithersburg Chapter #5358 of AARP) to 17605 Parkridge Dr. Gaithersburg, MD 20878. For more information on meetings, trips, or community service activities, contact Annette by phone 301-977-7936 or e-mail annettethompsonphd@yahoo.com

ACTIVITIES AND CLASSES AT THE CENTER

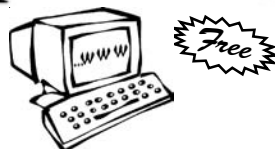
November Birthdays

- 1 Indra Kapoor
- 1 Barbara Rolling
- 1 Gurpal Singh
- 4 Carolina Tello
- 7 Virginia Blair
- 7 Carlota Martinez
- 7 Ruth Hartley
- 8 NgocNu Ho
- 11 Dorothy Bryan
- 12 Balwant Singh
- 12 Blanche Keller
- 13 Jane Hyndman
- 13 Joan Cooley
- 14 Louise Stevens
- 15 Patricia Botkin
- 16 Catherine
- 1aSommerville
- 18 Pat Iannone
- 18 Dorothy Brown
- 19 Nell Brock
- 20 Sara Campbell
- 20 Ruth Perez
- 21 Yoo Soo Chung
- 22 Edna Thomas
- 25 Ellen McCrorie
- 28 Ojen Sivasli
- 30 Herman Alderman



Celebrate November, 28

Computer Classes



TUESDAYS & FRIDAY

10 a.m. – noon (1 hour sessions)

Bruce Longyear offers personal attention for beginners or experienced individuals with questions.

Sign up at the front desk for these classes.

Gentle reminder: Please observe the lab rules concerning time limits, and food and drink restriction.



Singing Seniors

Meet to practice Wednesdays in November at 11 a.m.

Learn to Read Music with

Betty Sewell
Wednesdays

10 a.m.

Free

Core & More



Mondays and Fridays

3 p.m.

Strength, endurance and flexibility training geared toward the active older adult.

Crafts for Children's Inn at NIH

Tuesday, November 13
12:30 p.m.

Make crafts for children undergoing medical treatment at NIH. You don't have to be artistic, just willing to follow Madeline Britnell's instructions.



Yoga Adapted for Seniors

Dates: Tuesdays,
Nov. 20 - Dec. 18 (5 sessions)

Time: 11 a.m.

Fee: \$15

Yoga poses and sequences in this class will be done on mats, seated, and standing next to chairs. You will increase your range of motion, improve your posture, and gain better balance.

Minimum: 10 **Maximum:** 20

Intermediate Pottery *

Dates: Wednesdays,
Oct. 10 - Nov. 28
(eight sessions)

Time: 10 a.m.

Fee: \$8

Hand-building is taught by Margo Borg for members who have experience working with clay.

Minimum: 6 **Maximum:** 8



Belly Dance and International Movement

Dates: Nov. 9 – Nov. 30
(No Class 11/23)

Fee: \$7.50

Minimum: 10 **Maximum:** 20

CLASSES

* *Late joiners are welcome!*

Ballroom Dance

Beginning - Intermediate

Dates: Tuesdays, Nov. 6, 13 & 27

No class 11/20
(three sessions)

Time: 3 p.m.

Fee: \$15

Dances include
foxtrot, tango,
swing, waltz, etc.

No partner necessary.

Maximum: 16



Beading Workshop

Date: Friday, Nov. 30

Time: 2 p.m.

Fee: \$5

Zorah Kanga will show you how
to stitch together beads to make
patterns and shapes. Materials
provided.

Minimum: 3 **Maximum:** 6

New Class!

Qi Gong

Location: Activity Center at
Bohrer Park

Dates: Mondays & Wednesdays
Nov. 5 – Dec. 3 (no class on 11/12)
eight sessions

Time: 10 a.m.

Fee: \$40

Elizabeth Shahan's approach to
Qigong utilizes three basic prin-
ciples in which the participant (1)
regulates the breath; (2) aligns
the posture; (3) practices with in-
tent or mindfulness. The pur-
pose is to increase energy,
strength, flexibility, and lung ca-
pacity while reducing the effects
of stress.

Beginning English *

Dates: Tuesdays - FREE

Time: 11 a.m.

Learn basic English. *

Conversational English

Dates: Tuesdays - FREE

Time: 12:30 p.m.

Participants discuss a range of
topics. All levels accepted.

Embroider with Jane

Mondays at 2 p.m.

Free help with your project.

Knitters & Cross-Stitchers

Tuesdays at 9 a.m.

Quilting Work Session

Fridays at 12:30 p.m.

Bring your own materials and
equipment. Share experience
and ideas.

The following classes are sponsored by the

**J. B. & Maurice C. Shapiro Endowment for Women's Health
and Suburban Hospital HeartWell Program**

All classes taught by certified personal trainer: *Matt Rundell*

Weight Training

Dates: Wednesdays,

Jan. 2 - March 19 (12 sessions)

Time: 12:30 p.m. **Fee:** \$15

Build bones and become stron-
ger using hand weights.

Minimum: 10 **Maximum:** 20

Flexible Strength

Dates: Wednesdays,

Jan. 2 - March 19

(12 sessions)

Time: 1:15 p.m. **Fee:** \$15

This class blends strength with
flexibility, endurance, balance,
coordination, and concentration.

Minimum: 10 **Maximum:** 20

Stability Ball

Location: Activity Center/Bohrer Park

Dates: Thursdays, Jan. 3 - March 20

(12 sessions)

Time: 10:30 a.m. **Fee:** \$12

Provide your own ball, or buy one from Matt. Learn how to use the
ball to strengthen your core muscles. Free bus transportation will be
available from the center leaving at 10 a.m. and returning by noon.

Minimum: 10 **Maximum:** 20

"Ritmo Latino"

Thursdays at 11 a.m.

Move with Olympia Huff to
Latin rhythms.

AARP - 55 Alive:

Mature Driving

Dates: Friday, Nov. 9 and 16

Time: Noon – 4 p.m.

Fee: \$10

◆ Learn to handle adverse
driving conditions and traffic
hazards.

◆ Learn about the effects of
aging and medication on driving.

◆ You must attend both days.
Some automobile insurance
companies give you a discount.

Minimum: 10 **Maximum:** 25



The Gaithersburg Upcounty Senior Center



Gaithersburg
301-258-6380

NOVEMBER 2007

www.gaithersburgmd.gov

Calendar of Events

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1

9:30am Poker
10am Chair Exercise
10:30 am Stability Ball
11am Ritmo Latino
12:30pm Bridge
12:45pm Hispanic Book Club

*Dream Girls
at Toby's*

2

9am Exercise
10am Exercise
10 am Computer Help
10:30am Watercolor
11am Belly Dancing
12:50pm Bingo
12:30pm Quilting
3pm Core and More

9am - 3pm
US Wellness Screenings

Nurse is In

3

4

5

9am Exercise
10am Exercise
10am Qi Gong
11am Step 2 Music
11am Stroke Support
11am Medicare Prevention Car Lecture
12:30pm Mah Jongg
12:50pm Bingo
2pm Embroidery
3pm Core and More

6

8:30am Stick Class
9am Cross Stitch/Knit
9am Energize
9:30am Poker
10am Computer Help
10am Chair Exercise
11am Beg. English
11am Yoga
12:30pm Bridge
12:30pm Conversation Eng.
1pm Mah Jongg
3pm Ballroom

Nurse is In

7

9am Exercise
10am Exercise
10am Int. Pottery
10 am Learn Music
10am Qi Gong
11am Step 2 Music
11am Meditation
11am Singing Seniors
12pm Caregiver's
12:30pm Weight Training
1pm Crochet
1:45 Flexible Strength
2pm Watercolor Style

Lunch Bunch at
Buca Di Beppo

8

8:30am Stick Class
9am Energize
9:30am Poker
10am Chair Exercise
10:30 am Stability Ball
11am Ritmo Latino
11am "Divided We Fail"
12:30pm Bridge
12:45pm Hispanic Book Club

**DIWALI
FESTIVAL**

9

9am Exercise
10am Exercise
10 am Computer Help
10:30am Watercolor
11am Belly Dancing
12pm 55 Alive
3pm Core and More

**Veteran's Day
Luncheon &
Program**

Nurse is In

10

11**12****Veteran's Day****City Offices Closed****13****Shopping at Potomac Mills**

8:30am Stick Class
 9am Energize
 9am Cross Stitch/Knit
 9:30am Poker
 10am Computer Help
 10am Chair Exercise
 11am Beg. English
 11am Yoga
 12:30pm Bridge
 12:30pm Conversation Eng.
 12:30pm Children's Inn
 1pm Mah Jongg
 3pm Ballroom

14

9am Exercise
 10am Exercise
 10am Qi Gong
 10am Int. Pottery
 10am Learn Music
 11am Step 2 Music
 11am Meditation
 11am Singing Seniors
 12:30pm Weight Training
 12:45pm Advanced Planning Lecture
 1pm Crochet
 1:45 Flexible Strength
 2pm Watercolor Style

15

8:30am Stick Class
 9am Energize
 9:30am Poker
 10am Chair Exercise
 10:30 am Stability Ball
 11am Ritmo Latino
 11am Dental Care Lecture
 12:30pm Bridge
 12:45pm Hispanic Book Club

16

9am Exercise
 10am Exercise
 10 am Computer Help
 10:30am Watercolor
 11am Belly Dancing
 12pm 55 Alive
 12:30pm Quilting
 12:50pm Bingo
 3pm Core and More

Trip Sistos & Cracker Barrel

Nurse is In

17**18****19**

9am Exercise
 10am Exercise
 10am Qi Gong
 11am Step 2 Music
 11am Stroke Support
 12:30pm Mah Jongg
 12:50pm Bingo
 2pm Embroidery
 3pm Core and More

20

8:30am Stick Class
 9am Energize
 9am Cross Stitch/Knit
 9:30am Poker
 10am Computer Help
 10am Chair Exercise
 11am Beg. English
 11am Yoga
 12:30pm Bridge
 12:30pm Conversation Eng.
 1pm Mah Jongg
 1pm AARP Craft

Nurse is In

21

9am Exercise
 10am Exercise
 10am Int. Pottery
 10am Learn Music
 10am Qi Gong
 11am Step 2 Music
 11am Meditation
 11am Singing Seniors
 12pm Caregiver's
 12:30pm Weight Training
 1pm Crochet
 1:15pm Flexible Strength

22**Thanksgiving****City Offices Closed****23****Thanksgiving****City Offices Closed****24****25****26**

9am Exercise
 10am Exercise
 10am Qi Gong
 11am Step 2 Music
 11am Stroke Support
 12:30pm Mah Jongg
 12:30pm Internal Light
 12:50pm Bingo
 2pm Embroidery
 3pm Core and More

27

8:30am Stick Class
 9am Energize
 9am Cross Stitch/Knit
 9:30am Poker
 10am Computer Help
 10am Chair Exercise
 11am Beg. English
 11am Yoga
 12:30pm Conversation Eng.
 12:30pm Bridge
 1pm Mah Jongg
 1pm AARP Craft
 3pm Ballroom

28**Birthday Celebration**

9am Exercise
 10am Exercise
 10am Int. Pottery
 10am Qi Gong
 10am Singing Seniors to Lutheran Home
 10:30am Blood Pressure
 11am Step 2 Music
 11am Meditation
 12:30pm Weight Training
 1pm Crochet
 1:15pm Flexible Strength

29

8:30am Stick Class
 9am Energize
 9:30am Poker
 10am Chair Exercise
 10:30 am Stability Ball
 11am Ritmo Latino
 11am Eye Care Lecture
 12:30pm Bridge
 12:45pm Hispanic Book Club

30

9am Exercise
 10am Exercise
 10 am Computer Help
 10:30am Watercolor
 11am Belly Dancing
 12:30pm Quilting
 12:50pm Bingo
 2pm Beading Workshop
 3pm Core and More

Cumberland Trip

Nurse is In

ACTIVITIES AND TRIPS

“Dreamgirls” at

Toby’s Dinner Theatre

Baltimore, MD

Date: Thursday, Nov. 1

Depart: 9 a.m. **Return:** 4 p.m.



Historic Alexandria Candlelight Tour & Dinner at Clyde’s

Date: Saturday, Dec. 8

Depart: 3 p.m. **Return:** 9 p.m.

Fee: \$17 (transportation, tour admission)

Deadline: Thursday, Nov. 29

You won’t want to miss this once a year event to tour four historic Alexandria landmarks, all decorated for the holidays with live entertainment at each stop. We will begin with a late lunch/early dinner at Clyde’s restaurant, where you will order from the menu and **pay in cash**. Then we will tour the Lee-Fendall House, Christ Church, the Carlyle House and finish with a stop at Gadsby’s Tavern Museum for hot cider.

Minimum: 20

Maximum: 33

Shopping at Potomac Mills

Date: Tuesday, Nov. 13

Depart: 10 a.m. **Return:** 4 p.m.

Fee: \$8 (transportation only) **Deadline:** Monday, Nov. 12

Shop ‘til you drop at one of the world’s largest outlet malls with over 220 discount stores. Coupon books will be provided. Lunch is on your own and be prepared for **lots of walking!**

Minimum: 20 **Maximum:** 33

Veteran’s Day Luncheon

Friday, Nov. 9

11:45 a.m.



Please join us in honoring the men and women veterans of the Armed Forces. Chef Sia will prepare a special lunch. Sign up through the nutrition program before 2 p.m. on Thursday, Nov. 8 and be sure to let us know if you are a veteran. After lunch we will hear from James Harris, a veteran of the U.S. Army and Coastguard. Then the Singing Seniors will perform a special patriotic program.

Singing Seniors to Perform at the National Lutheran Home

Wednesday, Nov. 28

10:00 a.m. – 12:00 p.m.

Singing Seniors will depart the center at 10:30 a.m. for their performance and return by noon.

Thanksgiving Celebration

Tuesday, Nov. 20

12 p.m.

Come enjoy a traditional holiday feast with your friends at the Senior Center. Please sign up before 2 p.m. on Monday, Nov. 19 through the nutrition program.

BINGO

Mondays & Fridays

12:50 -1:50 p.m.

Alice Schultz Room

Pay \$1 and play for an hour.

Don’t miss this chance to keep your brain sharp and win prizes!

Meditation

Wednesdays

Nov. 7, 14 & 21

11 a.m.

Lunch Bunch

Buca di Beppo

Date: Wednesday, Nov. 7

Depart: 11:30 a.m.

Return: 2 p.m.

Fee: \$4 (transportation only)

Deadline: Tuesday, Nov. 6

Enjoy the Italian tradition of food, friendship and hospitality. Order from the menu and pay in cash.

Minimum: 15 **Maximum:** 33

ACTIVITIES AND TRIPS

ATTENTION SENIORS:

The Center will no longer be able to make reminder calls about trips. Please mark your calendars when you sign up and arrive 15 minutes before your trip departs.

DEWALI FESTIVAL

Thursday, Nov. 8

Celebrate the Indian festival of lights. We will kick off our celebration with a special lunch prepared by Chef Sia. Sign up through the nutrition program. After lunch the celebration continues with traditional Indian dancing and music.



Trip to Sistos Sewing & Quilting Studio with Lunch at the Cracker Barrel

Date: Friday, Nov. 16

Depart: 9:30 a.m. **Return:** 2:30 p.m.

Fee: \$8 (transportation only)

Deadline: Tuesday, Nov. 12

Sistos of Frederick, MD is a "paradise of sewing and quilting equipment and supplies." Whether you're a beginner or have years of experience, you'll find something delightful at Sistos. Afterwards we will dine at the famous Cracker Barrel, where you will order from the menu and **pay in cash.**

Minimum: 20 **Maximum:** 33

Great job guys!



Thanks to all of the pool players who turned out for the tournament on Oct. 16. First place winner was Jim Oliver, second place Kerop Hadadian, and Bill Shelley came in third.

LECTURES

Medicare 2008

Preventative Care

By Jack Davidson

Monday, Nov. 5

11 a.m.

Now that you have had your flu shot, what else can you do to stay healthy? Come find out.

Dental Care

By Martha Murphy

Thursday, Nov. 15

11 a.m.

Studies have shown that good dental care is not only important for your mouth, it can effect your whole body. Come find out how to stay healthy and receive a free gift from Dr. Muphy.

Eye Care

By Dr. Gagan Singh

Thursday, Nov. 29

11 a.m.

You have got to see this lecture to believe it! Learn about eye care from a Board Certified Ophthalmologist and Cornea Specialist. Dr. Singh will gladly answer your questions. Please sign-up to attend.

Advanced Planning for Final Arrangements

By Phil Simkin

Wednesday, Nov. 14

12:45 p.m.

Are your final arrangements in order? Have you thought of everything? Do not leave these important decisions to your family in their time of sorrow. Come for the free cookies and coffee provided by Phil, and make sure you are prepared.

SUPPORT SERVICES

Maryland Senior Legal Hotline

1-800-896-4213 ext. 7750

Monday, Tuesday, Wednesday and Friday: 9:30 a.m. - 3 p.m.

Thursday: 9:30 a.m. - 1 p.m., 6 - 8 p.m.

For residents of Maryland age 60 or older, this service allows you to talk to a lawyer about public benefits, long term care, neglect, Medicare, access to health care, exploitation, utilities, medical assistance, third-party decision making, landlord/tenant, consumer problems and more.

Stroke Folks

MONDAYS at 11 a.m.

Members of the Stroke Folks have all survived strokes. They meet each Monday to play games, discuss the hot topics of the day and have lunch.

Senior Information and Assistance

Carol Smith is at the Center several Thursdays a month. She can help with information on senior housing, financial assistance, Medicare and Medicaid and provide help in filling out forms!

Sponsored by Dept. of Health and Human Services

Call 301-258-6380 for an appointment.

Caregiver's Support Group

**1st and 3rd Wednesday of Each Month
12 p.m.**

Do you have a spouse, parent, friend or adult-child for whom you are the primary caregiver? Join facilitator Gabriele Glynn, M.S. Counseling, for support and encouragement. No charge to participate. Bring a bag lunch. Please call 301-258-6380 if you are interested.



In Sympathy



*Sympathy is extended to the family and friends of
Hazel Krouse who recently passed away.*

Internal Light

Monday, Nov. 26

12:30 p.m.

This program is for senior adults with visual impairments. Evelyn Saile will talk about the different eye conditions that affect the elderly, the latest research to help their conditions and offer suggestions and moral support for living with declining vision.

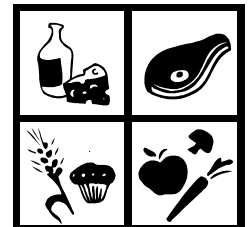
For information call 301-881-0100 x 6748.

Senior Nutrition Program

Lunch is served at the Center at noon, Monday - Friday. Lunches are provided through the auspices of the Montgomery County Department of Health and Human Services Senior Nutrition Program. Lunch reservations can be made in person or by calling the Center at 301-258-6380 no later than 2 p.m. the day before the reservation is needed.

The full cost of the meal is \$5. For persons age 60 and older who complete a registration form to document age, the meal is available for a voluntary contribution. Contributions are used to purchase more meals, so please contribute to the fullest extent possible.

Guests younger than 60 must pay the full cost of the meal!



Noticias de Mucho Interes para los Seniors de Habla Hispana

“Valoramos su felicidad. Por favor díganos como podemos animarle, honrarle sus tradiciones y aumente su salud y bienestar social.”

<u>Evento</u>	<u>Día</u>	<u>Hora</u>
Celebración de cumpleaños	28 de noviembre	12:45 p.m.
Tomarse la Presión	28 de noviembre	10:30 a.m.

CLASE DE INGLES PARA PRINCIPIANTES

Día: martes

Gratis! Hora: 11 a.m.

INGLES - Conversacion

Día: martes

Gratis! Hora: 12:30 p.m.

DISCUSION EN ESPAÑOL SOBRE UN LIBRO LLAMADO: VENCENDO

LAS PREOCUPACIONES

Por los Autores: George y Helen Jesze

Día: Jueves

Hora: 12:45 – 1:45 p.m.

Dirigido por: Luz Maria Freytes

RITMO LATINO

Día: jueves Hora: 11 a.m.

Venga y únase al grupo Hispano para disfrutar un ritmo con sabor Latino. Habrá música de merengue, mambo, salsa, y cha, cha, cha. En ésta hora dinámica de baile usted se sentirá libre de mover el esqueleto a su manera. ¡No se lo pierda!

ALMUERZO EN HONOR A LOS VETERANOS

Día: viernes 9 de noviembre

Hora: 11:45 a.m.

Si usted es Veterano, su almuerzo será gratis. Por favor ordénelo a travez del Programa de Nutrición.

ALMUERZO EN GRUPO AL RESTAURANTE BUCA DI BEPPO

Día: miércoles 7 de noviembre

Salida: 11:30 a.m.

Retorno: 2 p.m.

Costo: \$4

(solamente la transportación)

En este restaurante usted podrá ordenar del menú una deliciosa comida Italiana.

VIAJE ALA HISTORICA CIUDAD VIEJA DE ALEXANDRIA - EXCURSION CON CANDELAS Y CENA EN EL RESTAURANTE CLYDE'S

Día: sábado 8 de diciembre

Salida: 3 p.m. Retorno: 9 p.m.

Costo: \$17 (solamente la transportación y excursión)

Fecha de vencimiento: jueves 29 de noviembre

Usted no se puede perder este viaje espectacular que se ofrece solo una vez al año al histórico lugar de la vieja Alexandria decorada para la festividad Navideña y música en cada esquina de sus calles. *Primero cenaremos (usted pagará en efectivo por su cena ese día) y después tendremos la excursión y té caliente de manzana.*

CELEBRACION DEL DIA DE ACCION DE GRACIAS

Día: martes 20 de noviembre

Hora: 12m.

Venga y disfrute de un delicioso almuerzo tradicional en celebración del día de Acción de Gracias. No se olvide de hacer su reservación lo más pronto posible.

VIAJE AL CENTRO COMERCIAL DE POTOMAC MILLS

Día: martes 13 de noviembre

Salida: 10 a.m.

Retorno: 4 p.m.

Costo: \$8 (solamente la transportación)

Fecha de vencimiento: lunes 12 de noviembre

En este viaje usted podrá hacer sus compras navideñas. En este Centro Comercial hay 220 tiendas donde ofrecen descuento. Se les proveerá cupones de descuento. Usted pagará en efectivo por su almuerzo ese día y esté preparado para caminar bastante.

Mínimo: 20 Máximo: 33

DANZA INTERNACIONAL MOVIENDO LA CINTURA

Días: noviembre 9 al 30 (no habrá clase al 23 de noviembre)

Hora: 11 a.m. – 12m.

Costo: \$7.50

Mínimo: 10 Máximo: 20

FESTIVAL DE LA INDIA – DEWALI

Día: jueves 8 de noviembre

Participe en este festival de luces celebrado en India. Tendremos un delicioso almuerzo preparado por nuestro cocinero preferido “Sia” y después del almuerzo habrá danza y música.

TALLER DE GEMAS

Día: viernes 30 de noviembre

Hora: 2 p.m.

Costo: \$5

Zorah Kanga enseñará como pegar las gemas para hacer lindos diseños y formas de diferentes y preciosas joyas.

ALMUERZO EN HONOR A LOS VETERANOS

Venga y disfrute de un delicioso almuerzo en honor a los Veteranos de las Fuerzas Armadas. Tendremos un delicioso almuerzo y si usted es Veterano por favor déjenos saber y su almuerzo será gratis ese día. Después del almuerzo el señor James Harris quien será el conferencista, Veterano de las Fuerzas Armadas y Guardacosta, nos conversará sobre su trayectoria durante su estancia con las Fuerzas Armadas.

**Gaithersburg
City Officials**

Mayor
Sidney A. Katz

Council Vice President
Stanley J. Alster

Council Member
Geri Edens

Council Member
Henry F. Marraffa, Jr.

Council Member
John B. Schlichting

Council Member
Michael A. Sesma

City Manager
David B. Humpton



**Gaithersburg Upcounty
Senior Center Staff**

Director
Grace Whipple

Program Supervisor
Denise Mornini

Recreation Assistant
Olympia Huff

Administrative Secretary
Yoland Bastian

Receptionist
Gloria Sichelman

Custodian
Andres Castillo

Newsletter Layout/Design
Karen Simms

Bus Driver
Sherri Schwartz

**Gaithersburg Upcounty Senior Center
80A Bureau Drive
Gaithersburg, MD 20878-1431**

NOVEMBER 2007

(For Office Use Only)

Processed _____

If you plan to attend any activity, function or class, you must preregister by returning this form to the **Gaithersburg Upcounty Senior Center, 80A Bureau Dr., Gaithersburg, MD 20878**, either in person or by mail. If there is a fee, your payment must accompany this form. Make check payable to the City of Gaithersburg, unless otherwise noted. ***Place a check mark in the box by the activities you want to attend.***

Name _____ Telephone _____

Street _____ City/St/Zip _____

Registration begins November 5, 2007 at 11 a.m.

ACTIVITY #	EVENT	DATES	FEE
23347	Intermediate Pottery	Oct. 10 – Nov. 28	\$8
23346	AARP – 55 Alive Mature Driving	Nov. 9 & 16	\$10
23344	Qi Gong (no class Nov. 12)	Nov. 5 – Dec. 3	\$40
23369	Beading Workshop	Nov. 30	\$5
23358	Ballroom Dance (no class Nov. 20)	Nov. 6, 13, 27	\$15
23357	Belly Dance and International Movement (no class 11/23)	Nov. 9, 16, 30	\$7.50
23359	Weight Training	Jan. 2 – March 19	\$15
23360	Flexible Strength	Jan. 2 – March 19	\$15
23361	Stability Ball	Jan. 3 – March 20	\$12
23362	Yoga Adapted for Seniors	Nov. 20 – Dec. 18	\$15
23379	Lecture on Dental Care	Nov. 15	N/A
23389	Lecture on Eye Care	Nov. 29	N/A
23367	Lunch Bunch at Buca di Beppo? Transport	Nov. 7	\$4
23366	Shopping at Potomac Mills	Nov. 13	\$8
23390	Sistos Sewing & Quilting / Cracker Barrel	Nov. 16	\$8
23339	Cumberland House and Museum Tour	Nov. 30	\$50
	<input type="checkbox"/> Meatloaf sandwich <input type="checkbox"/> Fish sandwich <input type="checkbox"/> Unlimited Salad Bar <input type="checkbox"/> Greek Chicken wrap		
23364	“Christmas Carol 1941” at Arena Stage	Dec. 4	\$51
	<input type="checkbox"/> Turkey Sandwich <input type="checkbox"/> Ham Sandwich <input type="checkbox"/> Cheese Sandwich		\$6
23368	Historic Alexandria Candlelight Tour & Dinner at Clyde’s	Dec. 8	\$17

Registrations will not be processed until the registration date.

Amount Paid \$ _____ Cash ☐ Check# _____

Visa/MC/Discover# _____ Exp. Date ____/____

Signature/Name on card _____



Gaithersburg

A CHARACTER COUNTS! CITY

Gaithersburg Upcounty Senior Center Activity Release for MEMBERS

I, the undersigned, hereby agree not to hold the Trip Managers, and/or individual members of the Gaithersburg Upcounty Senior Center, or the City of Gaithersburg, its employees, agents or servants, liable in any way for any loss, injury or damage of any kind to person or property. This statement applies to all scheduled activities at the Senior Center, off-site or in City Vehicles.

When participating in an activity, at the Senior Center or off-site, I agree:

- 1.) To obey the rules and regulations for each activity, follow all directives and adhere to the agenda as outlined by the staff.
- 2.) That if I do not clearly understand how an activity is performed or details of a trip, I will ask a staff member prior to the beginning of the program to clarify my questions.
- 3.) To inform staff prior to the activity or trip, if I have any problems meeting the physical requirements necessary for participation in the activity.
- 4.) I agree to listen carefully to the details and timing of the trip and be fully prepared to meet and board the bus at the proper designated place and time. I understand that, in the City's sole discretion, I may be responsible for paying any and all reasonable charges the City may incur as a result of my failure to meet and board the bus at the proper designated place and time.
- 5.) I agree to stay with the group on trips, unless "free time" is specifically stated in the description.

Furthermore, I understand that as a participant of the program I will be expected to depart the Gaithersburg Upcounty Senior Center and return to the said location with the group. Any deviation to the activity itinerary will **preclude** me from participating in future trips, activities or other off-site adventures.

☐ **Check if you need special accommodations.**

The City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act. Requests must be made prior to the start of the program. Please indicate what accommodations are needed: _____

Signature

Date

Do we have your updated Emergency Contact Information?

Name : _____ **Phone:** _____